

IF GIRLS ARE TO BE HEALTHY

They Must Observe Several Common, Every-day Rules to Protect Themselves

ALL GIRLS SHOULD BE STRONG

Health Specialist of the Division of Extension of the University of Tennessee, Knoxville, Sends Out Special Letter—Also Puts Out General Health Bulletin.

"Have you tried sleeping with your windows up, remembering the value of pure, fresh air?" is one question Mrs. Lena Warner, health specialist of the Division of Extension, University of Tennessee, Knoxville, asks in a letter sent especially to the young girls of Tennessee. She then gives several very well-known laws of health which so few follow as they should.

"I want to compliment the club girls on their good judgment concerning their feet," she continues.

"Now, let us have a word to say about clothes. First, the majority wear the sensible low-heel shoe, which enables them to walk well and at the same time protects the nerve centers of the body.

"By all means see that your shoes are comfortable in length and breadth. Do not depend upon any one but yourself to decide this. If you will remember to keep your feet dry and legs warm, many aches and pains will be avoided that young girls of our age are apt to have. The same advice I would give you in regard to the whole body, especially in winter. As you want out-door life during these months, you must be prepared. Heavy clothing is not at all desirable. If your clothing is too tight, you will not get warmth from it. Select your underwear with a little wool in it. See that the vests have long sleeves. Avoid dressing too warmly for indoors and always have an extra wrap for outdoors. Sitting, scantily clothed, in damp skirts and wet shoes, has brought death to many a young girl. In this way many catch colds, develop pneumonia, tuberculosis and other serious illnesses.

"One thing, girls, we are quite grateful for, and that is that Dame Fashion has decreed we shall not draw in the waist. You not only have better figures, more graceful carriage, but the organs inside the abdomen and pelvis retain their normal position. I do not now consider corsets harmful, for their chief use is to give the skirts the proper hang.

"By all means, remember the teeth. To keep them clean is a first essential. A pinch of common table salt or cooking soda is very good to use with the tooth brush daily. Don't be afraid of the dentist. He is a faithful friend. Pay him a visit at least twice a year.

"Most diseases are preventable through cleanliness. If we observe the simple health laws, even when we come in contact with filthy diseases, we are not apt to contract them.

"Last, but not least, know and be true to yourself. Learn the great lesson of self-control. Cultivate a desire for knowledge. Keep the mind and body pure and clean."

Mrs. Warner has written a publication which is sent free to residents of Tennessee. This publication is called "What To Do To Keep Well." If you care for a copy, send your request to Division of Extension, University of Tennessee, Knoxville.

BUY MORE LIVE STOCK RATHER THAN MORE LAND

(By C. D. Lowe, Division of Extension, University of Tennessee, Knoxville.)

That live stock pays on the farms of a near-by state may be seen by the following figures secured from eighty-one farms in one community. The farms were not selected farms, but were taken as they lay along the road.

These farms were divided into three groups according to the amount of live stock kept. One-third of the farms were found to have over 20 head each of cattle, or their equivalent (in amount of feed consumed) in hogs, sheep or other productive live stock; one-third had between 12 and 20 head each; one-third had less than 12 head.

The heavier stocked farms returned a profit for the year of \$774 more than those with the small amount of live stock.

Another community selected at random showed nearly the same proportion. Live stock furnishes a way to increase the volume of farm business without increasing the farm area. Through live stock much of the poorer grades of feed may be utilized to better advantage than by selling it, in fact much roughage that is ordinarily wasted can be made to give good returns. The manure obtained is essential in maintaining soil fertility.

The above figures offer some food for thought. If you are thinking of purchasing additional land, consider first whether the purchase money should not go into more live stock for the land you already own.

Are you thinking of the seed you will need for the next season? Only the best seed will bring you the best crop. Perhaps you could be raising good seed to sell to your neighbors. Have you thought about it?

HOW ONE TOWN HELD A MEETING

Citizens of Weakley County Can Be Proud of the Work They Did

DO IT THE GREENFIELD WAY

Any Town Can Take the Leadership and Can Conduct a Genuine Educational Campaign—Greenfield's Two-day Chautauqua Sets the Standard.

(By Charles A. Koffer, Director, Division of Extension, University of Tennessee.)

Weakley county, Tennessee, is working out the problem of town-and-country unity, and a November meeting in Greenfield, an enterprising little town of that county, marks a forward step in community development. The Greenfield business men put their heads together, and with the assistance of the Greenfield women, planned and carried out a two days' Farmers' Free Chautauqua. The worst thing about the affair was its name, for in the public mind the Chautauqua movement is largely a matter of entertainment, while the Greenfield meeting was in the best sense educational.

The preachers opened their churches, and one of them presided, making an admirable leader. His church, which seats five hundred people, was crowded throughout the sessions. In the mornings there was a general program for men and women. The afternoon was devoted to separate meetings for men and women, two churches being used.

Throughout, there was inspiring music, furnished by quartettes from country churches. The subjects discussed were of the most practical nature: Co-operation, good roads, live stock, seed selection, diversified farming, the relation of the town to the surrounding community, extension work in agriculture, the rural church, education, crop rotation, soil building, canning and corn clubs, civic improvement and rest rooms, home, school and church, parent-teachers' associations, emergencies—a wide range, handled by men and women who knew what they were talking about. Two excellent sermons were delivered by visiting clergymen, and the other speakers were about equally divided between men and women of the county and visitors.

An interesting feature of the Chautauqua was the dinner; it was provided by the business men and served by the ladies of the town. A big double room was utilized and five long tables with places for 350 guests were filled more than twice each day. The dinner was a good example of what organization can accomplish—the great crowd was served quickly, quietly and well.

Who was there? Everybody; the town was full of vehicles—autos, wagons, buggies—hundreds of country people had accepted the invitation of the churches and business men of Greenfield.

And the best part of the occasion was the get-together spirit everywhere manifest. The merchants were not trying to trap purchasers, the preachers were not proselytizing, the farmers were aloof, the women were not "uppity"; all came to learn, to enjoy, and to know one another better. It was a great success.

Let every town in Tennessee try it the Greenfield way.

BEES NEED PROTECTION ON TENNESSEE FARMS

Government Has Found That Hives Well Insulated Give Best Results in Every Case.

(By C. E. Bartholomew, Division of Extension, University of Tennessee, Knoxville.)

Tennessee in 1909 was third in the number of colonies of bees among all of the states in the union. She does not hold that record now. Her colonies have been destroyed, partly by that dreaded disease, foul brood, and partly because the colonies have not been protected from the Tennessee winters.

On this subject of insulation, the chief of the bureau of entomology of the United States Department of Agriculture has said some things that are worth the attention of every Tennessee farmer.

Beekeepers have repeatedly claimed that excessive insulation is even more detrimental in winter than insufficient insulation, because of the failure of the colony to warm up on bright days. To test this theory, a colony was packed, in the fall of 1915, with 16 inches of sawdust on all sides, top, and bottom. Temperature records were made at frequent intervals every day throughout the winter and spring. The colony remained in excellent condition in every respect throughout the winter, being little affected by high winds, and after brood rearing began it built up with great rapidity. Then, to continue observation on the effect of insulation on the building up of the colony, the packing was allowed to remain all summer. Except for the impossibility of manipulating the colony, it remained in excellent condition. It seems clear, therefore, that beekeepers need not fear any detrimental results from abundant insulation.

MIX YOUR OWN STOCK FEEDS

No Farmer Need To Pay the High Prices Asked For "Stock Tonics"

LET HIM MAKE THEM AT HOME

A Few Well-Known Drugs and Feeds, When Put Together in Proper Amounts, Make a Feed Equal to Any of the So-called "Stock Foods."

(By Dr. C. D. Lowe, Live Stock Specialist of the Division of Extension, Knoxville.)

Thousands of dollars are wasted each year in Tennessee by those who buy and use so-called "stock foods" and "stock tonics."

Impartial tests of these materials have been made by various state experiment stations and the results obtained which show their worthlessness should be generally heeded.

More than twenty different experiments conducted with over one thousand animals at twelve different stations are sufficient to show conclusive returns. In no instance did the so-called "foods" return their cost and in several cases their use seemed to interfere with the proper returns from the other feeds fed in connection with them.

These substances do not qualify, either as real medicine, because they contain too small a percentage of drugs to be effective in the treatment of disease. They are made up largely of a "filler," which is usually some simple feed like cottonseed hulls, bran or alfalfa meal. In this is carried various roots, herbs and barks, together with charcoal, sulphur, salt, etc. Sometimes coloring matter is used simply to disguise the appearance of the real contents. Practically all of them contain common salt, and it is upon this constituent that they depend for palatability.

If you think you must use these "foods" for your stock, why not buy the ingredients and mix them yourself? You can save from 50 per cent to 500 per cent by so doing.

A formula, which is so nearly the average proprietary stock food that neither the owner nor his stock will know the difference, is as follows:

Ginger	2 pounds
Cayenne pepper	1 "
Cottonseed meal	11 "
Common salt	5 "
Wheat bran	25 "
Fenugreek	2 "
Powdered gentian	2 "
Powdered sulphur	2 "
Potassium nitrate	2 "
Resin	2 "
Powdered charcoal	5 "

While the use of the above will not put your stock on the market in thirty days' less time, nor double the flow of milk, nor prevent cholera in hogs, tuberculosis in cattle, roup in chickens or glanders in horses, it has the advantage of being less expensive than the prepared foods and will give as good results.

COW TESTING PROVES POPULAR WITH FARMERS

This Is Explained by the Fact That Profits Increase—What Cow-Testing Associations Do.

(By C. A. Hutton, Division of Extension, University of Tennessee, Knoxville.)

Where there are enough cows to justify the action on the part of farmers, cow-testing associations are desirable. Several communities are already organized and have testers employed.

Conditions for a cow-testing association are ideal when there are 400 cows in about 25 herds. Several Tennessee counties are coming up to this standard.

A cow-testing association will do much for any dairy community.

It furnishes an exact record of production of each cow in the herd, with a record of the cost of feed consumed and the net profit per cow. About one-third of the cows in Tennessee are kept at a loss. It enables one to weed out the unprofitable cows.

The records of production enable one to feed more intelligently and more economically. It is a common practice to feed all the cows in the herd alike. Under these conditions the poor cows will receive too much, and the good ones will not get enough. The proper way is to feed each cow in proportion to the amount of milk she gives. When this practice is adopted it usually results in greater production of milk at less cost for feed.

The tester is able to advise with the owner each month in regard to the most economical feed to use, and also to balance the rations for the owner. The members can co-operate in buying cottonseed meal and other feed-stuffs in carload lots, thus effecting a saving.

Cow-testing associations stimulate community breeding, exchange of bulls, and a spirit of friendly rivalry, and foster a better social spirit in the community.

It enables one to tell which are the best cows from which to raise heifer calves.

The cost is a trifle as compared to the returns.

SHERIFF'S LAND SALE.

SATURDAY, JAN. 20, 1917.

J. R. Carlin,

vs.

Frank Netherton,

In obedience to an order of sale to me directed by the Circuit Court of Jackson County Tenn., I will on Saturday, the 20th day of January, 1917, at the courthouse door in Gainesboro, sell at public out cry to the highest bidder, for cash, the following described tract or parcel of land.

Lying and being in the 10th civil district of Jackson County, Tenn., and bounded as follows:

Bounded on the north by lands of Mabry, east by Woolbright, west by Mabry, and south by Mabry, containing 40 acres, more or less.

Said land will be sold subject to the home stead right, of said Frank Netherton to satisfy complainants judgement of \$102.35, together with interest and costs.

Sale within legal hours.

This Dec. 18, 1916.

W. H. Sadler, Sheriff.

NON-RESIDENCE NOTICE.

Nannie Jones

vs.

Tom Jones

In Chancery Court at Gainesboro, Tennessee.

It appearing from the bill filed in this cause, which is sworn to, that the Defendant Tom Jones, whose residence to Complainant is unknown and cannot be served with the ordinary process of law;

It is ordered that said Defendant enter his appearance herein, before the Clerk and Master, at his office in the courthouse in Gainesboro, Tenn., on or before the 1st Monday in February, 1917, next, and plead, answer, or demur to Complainant's bill, or the same will be taken for confessed as to him, and set for hearing ex parte; and that a copy of this order be published for four consecutive weeks in the Jackson County Sentinel, a newspaper published in Gainesboro, Tenn.

This 7th day of December, 1916.
W. F. Sadler, Clerk and Master.
L. G. Strode, Solicitor for Complainant.

NON-RESIDENT NOTICE.

Harris Bybee & Company,

vs.

Lee Stone

Before S. M. Tinsley, Justice of the peace for Jackson County.

In this case it appears by affidavit, that the defendant, is indebted to Harris Bybee & Company, and that the said Lee Stone is a non resident of the State of Tennessee, so that the ordinary process of law cannot be served upon him, and an original attachment having been levied upon his property and returned to me, it is therefore ordered that publication be made in the Jackson County Sentinel, a newspaper published in Gainesboro, Tennessee, for four consecutive weeks commencing the said Lee Stone to appear before me at my office in Gainesboro, Tennessee, on January, 4th 1917, to make defense to said suit or it will proceed ex parte as to him.

This December, 4, 1916.
S. M. Tinsley, J. P.

H. Grady Gore, Atty., for Plaintiff.

Dr. C. E. Reeves sold to David York two fine red foxes to turn loose on Yorks farm at a large cave. The foxes are marked with a small punched hole near the end of each ear, also their tails have been shelled like mule tails. Mr. York's farm is posted and he does not allow any hounding on his premises.

Foxes are one male and one female, the female has about 2 inches of the end of her tail white and male is solid red. Price paid for foxes was \$25.00.
David York.

M. E. CHURCH SOUTH.

Gainesboro 1st, Sunday 11: A. M. and 6:30 P. M. and 3rd Sunday 6:30 P. M.

Flynn's Lick, 2nd Sunday 2:30 P. M. and 4th Sunday 11: A. M.

Corinth 2nd Sunday 11: A. M. and 4th Sunday 2:30 P. M.

Marsh Chapel 1st Sunday 2:30 P. M. and 3rd Sunday 11: A. M.

O. P. Gentry (Pastor)

Sentinel \$1.00 per year.



Mothers use Frey's Vermifuge For the Children

A safe, old fashioned remedy for worms.

Seventy-five years continuous use is the best testimony FREY'S VERMIFUGE can offer you.

Keep a bottle always on hand. It will help keep the little ones happy and healthy.

25c. a bottle at your druggist's or general store, or if your druggist can't supply you, send for name and 25c. in stamps and we'll send you a bottle promptly.

E. & S. FREY.
BALTIMORE, MD.

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As the Hub is to the Wheel, so is the DRUG STORE to the community. It is the Hub of HEALTH.

Ordinary ailments are cured quickly and at slight cost. Headaches, backaches, footaches—every ache but a heartache yields to the druggist.

A FEW CENTS SPENT IN DRUGS TO DAY WILL YIELD DOLLARS IN HEALTH TOMORROW.

KEEP IN TOUCH WITH YOUR DRUGGIST. HE KNOWS.

L. B. ANDERSON,

GAINESBORO, TENN.

Vicks Croop and Pneumonia Salve,
25c, 50c, \$1.00 Pkgs.

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Subscriptions taken for any Magazine or Newspaper published in any country. Let me have your orders, I can save you money and trouble. See one of my catalogs.

TAX-PAYERS NOTICE

I will be at the following places on dates given to collect

1916 tax.

Dist.	Place	Day	Date
11	Flynn's Lick	Monday	January 8, 1917
15	Granville	Tuesday	" 9, "
4	Gladdico	Wednesday	" 10, "
3	Dycus	Thursday	" 11, "
2	Hackett and McCawley	Friday	" 12, "
1	Gainesboro	Saturday	" 13, "
6	Gentry's store & Burristown	Mon.	" 15, "
8	Meagsville	Tuesday	" 16, "
13	Whitleyville	Wednesday	" 17, "
4	Kennedy & Sadler store	Thursday	" 18, "
4	Haydenburg	Friday	" 19, "
13	Crowder's Store	Saturday, A. M.	" 20, "
9	Hawkins & Anderson's store	Mon.	" 22, "
10	Cummins Mill	Tuesday	" 23, "
12	Chaffin's Store	Wednesday	" 24, "
7	Brown & Davidson Store	Thurs.	" 25, "
15	Dodson's Store	Friday	" 26, "

Tax goes out after first Monday in March.

H. J. LYNCH, Trustee

There is no better way to spend a Dollar, than by subscribing for your county paper. Send the \$1 now.



The War College has fixed the military safety line for the United States as shown by the map, saying:

"As a general military principle, no supply depot, arsenal or manufacturing plant of any considerable size supported by war department appropriations for military purposes, should be established or maintained east of the Appalachian mountains, west of the Colorado or Sierra Nevada mountains, nor within 200 miles of our Canadian or Mexican borders, and steps should be taken gradually to do away with any depots and manufacturing plants already established in violation of this military principle."

It is a startling fact that practically all the government military stations are at present located outside these safety lines. The government plan for extracting nitrogen from the air at Muscle Shoals will be located well within the safety zone. Here the \$20,000,000 appropriated by Congress may develop 600,000 horse power from water power, now being wasted, to be used in extracting nitrogen from the air for gunpowder and fertilizers. This country then will not have to rely upon nitrates imported from Chile. Incidental to this power plant, the self obstacle will be removed to navigation 750 miles on the Tennessee river, opening up a region of vast undeveloped resources.